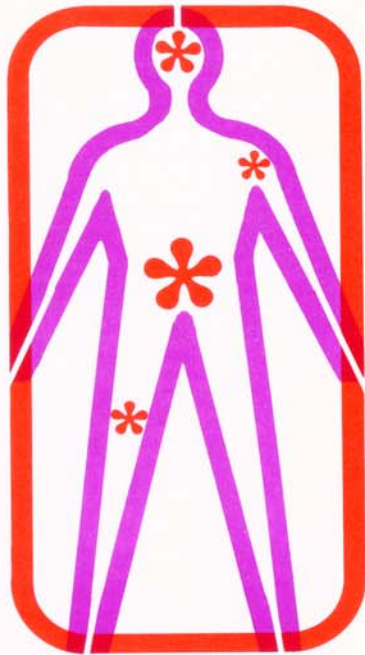


# YOUR DC EXPLAINS RECOVERY SYMPTOMS



## HEALING IN THE MAKING

Have you ever had a broken arm? When the cast came off, that arm was stiff and weak, wasn't it? And then when you exercised to reactivate its strength and usefulness, it was a pretty painful process.

Or think about the bruised or skinned knees and elbows you've had. They're pretty stiff and sore when they're healing, aren't they? And nobody claims to be comfortable while a fever is busy knocking out a virus!<sup>1</sup>

### HEALING IN THE MAKING

Once in a while, the same sort of uncomfortable things happen when a long-misaligned vertebra is going back into its normal, healthful place. We call these reactions **recovery symptoms** and, like any other **healing in the making**, they are nothing to fear. Statistics have proven that among cases accepted for chiropractic care, yours will probably be among the approximately eight out of ten that show relief almost immediately, without any such symptoms. The remaining two out of ten may take a bit longer to experience relief. As a matter of fact, they may even feel a little worse for a while.

### WHAT ARE THE RECOVERY SYMPTOMS?

If you should find yourself in this minority, don't be alarmed if your particular symptoms seem to have nothing at all to do with your original complaint. They can include headaches, dizziness, upset stomach, diarrhea, constipation, over-acidity, excessive urination, soreness of muscle or body tissue, tenderness of the spinal joints, or even a slight rise in body temperature.<sup>2</sup>

If recovery symptoms should occur, they generally will not appear until after the third or fourth treatment, and they usually last just two or three days. The degree of discomfort varies, of course, with the individual and the severity of the condition.

### WHAT CAUSES RECOVERY SYMPTOMS?

The mechanics of these possible symptoms in your body can best be understood by explaining that the vertebrae of the spine are being adjusted to a normal position. This calls for certain physical changes that involve bones, muscles, ligaments, nerves, blood vessels, connective tissue, and cartilage. All these tissues and structures must adapt to the new, normal, healthy position. How understandable it is, then, that this structural alignment, which frees trapped nerves for normal expression, might produce some symptoms of change, especially if one has had many years of debilitating nerve pressure or nerve irritation.<sup>3</sup>

Chances are that recovery symptoms will not occur in your case. If they do, you will know that they are just nature's way of relaying the message that the correction is being made. Actually, they are a good sign. And since your Doctor of Chiropractic is a doctor who cares, he or she is most interested in learning of your progress, whether it is immediate relief, or possibly just recovery symptoms.